

The SCOOP

CHARLES COUNTY'S SENIOR CENTER NEWS



DECEMBER 2013

www.CharlesCountyMD.gov

Holiday Schedule

All senior centers will be closed in December on the following holidays:

Christmas • Wednesday, Dec. 25
New Year's Eve • Wednesday, Jan. 1

Do You Need Help Paying Heating and Electric Bills?

**Let MEAP and EUSP help make
your energy costs affordable!**

The Maryland Energy Assistance Program and the Electric Universal Service Program provides one time assistance grants to help you with electric bills and home heating bills. To apply for these programs you must bring the following documents to your appointment:

- Proof of residency
- Social Security numbers for the entire household
- Verification of Income (Social Security, VA, Annuity, Retirement, Pay Stubs if employed)
- Copy of your most recent utility bill, and the name and account number of your energy suppliers
- Renters: A copy of your lease agreement.

Persons age 60 and older can call Senior I&A at 301-609-5712 or 301-870-3388 ext. 5143 for current eligibility guidelines and to schedule an appointment for assistance.

A Holiday Message

May the joys of the holiday season surround you, your families, and your friends. As this year comes to an end, we would like to thank you for sharing this wonderful year with us.

We look forward to more of the same in the New Year, and wish you good health and much happiness.

From The Senior Center Staff
Department of Community Services
Aging and Senior Centers Division



Reminder – The Annual Christmas Party is Almost Here!

Thursday, Dec. 5 • 10:30 a.m. – 2 p.m.

Fee: Free (ticket required)

Location: Jaycees Community Center, Waldorf

Charles County seniors, age 60 and older, are invited to attend this annual event sharing delicious food, fellowship, and entertainment. This event is free; however, tickets are required. Please remember to bring a canned food item to share with needy families.

The Charles County Senior Show Troupe Presents...

Christmas Blessings

Monday, Dec. 2 • 11 a.m.
North Beach Senior Center

Wednesday, Dec. 4 • 10:30 a.m.
RRCSC Center Stars

Monday, Dec. 9 • 10:30 a.m.
Northern Senior Center

Wednesday, Dec. 11 • 10:30 a.m.
Cedar Lane

Monday, Dec. 16 • 10:30 a.m.
Bowie Senior Center

Wednesday, Dec. 18 • 10:30 a.m.
Waldorf Genesis

Thursday, Dec. 19 • 10:30 a.m.
Hollywood United Methodist Church
(dancers only)

COUNCIL NEWS ITEMS

Clark Senior Center

Holiday Party (provided two turkeys door prizes), and New Year Party

Indian Head Senior Center

Council Quarter Auction, A Country Christmas Party with Trudy Marie, and Ring in the New Year with Chili and Cornbread

Waldorf Senior Center

Snack Bar, Bingo Supplies, Christmas party for the Student Volunteers, Door Prizes for the Jaycee Christmas Party, We Believe in Christmas, Christmas Party Bake Sale, and Silent Auction

The Facts About the Affordable Care Act and Medicare

This week, US News & World Report published an article on the myths and facts of how the Affordable Care Act (ACA) affects Medicare beneficiaries. According to the article, older adults are often confused about how Medicare works and ACA changes are compounding some of that confusion. The article summarizes five myths about the ACA and Medicare and provides the facts on how the ACA impacts Medicare beneficiaries, both now and going forward.

Medicare is ending.

False. The ACA is not replacing Medicare, and Medicare has grown stronger as a result of the ACA. In fact, the ACA adds eight years to the solvency of Medicare's Part A Trust Fund, increasing the years of the program's guaranteed benefits to 2026, 10 years longer than before the ACA.

Seniors on Medicare must buy more health insurance to comply with ACA.

False. Seniors and people with disabilities will not be required to purchase more health insurance coverage to comply with the ACA. Further, Medicare beneficiaries will not need to purchase health insurance in the new marketplaces.

Medicare beneficiaries will pay more for their medications under ACA.

False. While the Part D premium will increase slightly for Medicare beneficiaries with higher incomes (individuals with annual incomes over \$85,000 or couples with annual incomes over \$170,000), the majority of Medicare beneficiaries have already started paying less for their prescriptions. Over time, the ACA closes the prescription drug coverage gap, or doughnut hole, and according to a recent CMS press release, more than 6 million seniors had saved over \$7 billion on prescription drugs at the end of June 2013.

Medicare beneficiaries won't be able to see their current doctors.

False. Nothing in the ACA expressly changes the doctors that Medicare beneficiaries can see.

Medicare premiums are rising.

False. The ACA has not attributed to the rise in Medicare premiums. In fact, Medicare costs are rising more slowly as a result of provisions in the ACA. Also, according to the most recent Medicare Trustees' Report, the Medicare Part B premium will remain relatively unchanged between 2013 and 2014, and Medicare Advantage plan premiums as well as Part D premiums are also stable year-to-year generally.

Information from National Council on Aging, Inc.



CASH BINGO IS BACK! The popular *Senior Services of Charles County Fundraiser* offers prizes of \$25, \$50 with a \$150 jackpot. Subs from Nicks of Clinton will be available for individual purchase or you may add chips and a cold drink, making a complete lunch package for \$5/each.

Tuesday, Dec. 10 • 10 a.m.-1:30 p.m. • At the Waldorf Senior Center

Admission: \$20 – regular games and specials (add'l packs for \$5/ea)

Early Birds: \$2 – one pack of four games • Cover All: \$2/ea

All proceeds directly benefit programs and services for Charles County's four senior centers. Individuals receive help under special need based circumstances through the Senior I&A Program.

HOLIDAY BOWLING FOR SENIORS

Seniors age 60 and older, are invited to enjoy bowling games, shoes and refreshments at Waldorf AMF. You may register at any senior center or by calling Debi Shanks 301-609-5711.

Friday, Dec 20., 11 a.m.-1 p.m.

Registration Deadline: Monday, Dec. 16

Fee: \$7.50 (Lanes and Shoes)



Central Registration Continues

Central registration for 2013-2014 began last month, but is still ongoing. If you have not already done so, please stop and register on your next visit. Registration enables us to better serve you in the event of an emergency. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. Donations will be accepted and placed back into programs to benefit Senior Centers.

Volunteer Tax Preparers Needed

Individuals wishing to enroll in the upcoming AARP Income Tax Training Program should contact Joan Woodland, Senior Information and Assistance Program Assistant, at 301-609-5712 or WoodlanJ@CharlesCountyMD.gov.

FREE training is provided and will be held each Monday, Wednesday, and Friday beginning in January 2014. Upon completion of the program, persons must **complete at test** before receiving certification.

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

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Visit www.CharlesCountyMD.gov/CS

Special Events & Activities

Christmas at Our House e-news

Help decorate our tree, sip on hot chocolate, listen to holiday music, and sing carols. You may bring cookies to share.

Tuesday, Dec. 3, 11 a.m. Fee: FREE

Christmas Blessings

The Senior Show Troupe performs its annual holiday production. Come enjoy the talents of your friends. There will be singing, dancing, and fun! This event is guaranteed to lift your spirits and give you a laugh or two.

Wednesday, Dec. 4, 10:30 a.m.-Noon
Fee: FREE

A Tapestry of Music

A rare opportunity to hear holiday music performed by superb performers, vocalists, and a brass ensemble. A Kennedy Center-type experience that will leave you speechless, right here at the Clark Center. Call your friends, and invite your families to this great event provided by the musicians, dancers, and chorus of the Korean Waldorf Calvary Church.

Tuesday, Dec. 17, 11 a.m.-Noon Fee: FREE

New Year's Party

Let the Good Times Roll

Join us as we bid goodbye to 2013 and welcome in 2014 with Arrow Band, dancing, and great food. Feel the thrill of excitement as our dazzling ball descends at the stroke of the magic hour, celebrated with a sparkling cider toast. Sponsored in part by PNC Bank, Senior Services, and the RRCSC Council.

Friday, Dec. 27, 10 a.m. Fee: \$5

Holiday Oreo Ball Treats

Vicki Rehm demonstrates how to prepare this delicious treat using crushed Oreo cookies, cream cheese, and chocolate.

Monday, Dec. 2, 1-2 p.m. Fee: FREE

Book Club

December Selection: *Gingerbread Cookie Murder* by Joanne Fluke.

Thursday, Dec. 12, 1 p.m. Fee: FREE

Holiday Spelling Bee

Show off your spelling skills at his holiday activity.

Wednesday, Dec. 18, 11 a.m. Fee: FREE

Holiday Pumpkin Soup

Chef Elaine will prepare homemade pumpkin soup, a warm and creamy winter comfort food.

Thursday, Dec. 19, 11:30 a.m. Fee: FREE

Twelve O'Clock Pizza

Veggie, pepperoni, or cheese, catered by Pizza Hotline. Preregistration required.

Tuesday, Dec. 24, Noon Fee: \$1.50 per slice

Subway Day

Order a subway Sub for lunch, veggie, turkey or roast beef with chips and pie. Preregistration required.

Thursday, Dec. 26, Noon Fee: \$5

Baked Potato Day

Enjoy a steaming hot baked potato, with fixings, drink and pie for lunch. Preregistration required.

Tuesday, Dec. 31, Noon Fee: \$4

Special Presentations

Pearl Harbor: Where Were You?

There are certain major events that are so traumatic; you always remember where you were when you heard of it. The Kennedy and King assassinations, the World Trade Center, and Pearl Harbor are just a few. This program is being facilitated by WWII Veteran, and History Buff, Jim McCloud.

Wednesday, Dec. 4, 12:30 p.m. Fee: FREE

World Religions

This month, learn about Mormonism from Dr. Rollie Hower.

Tuesday, Dec. 10, 11 a.m.-Noon Fee: FREE

Classes

Beginner Computer

Do not let the computer intimidate you, take the class, taught by Mike Moses, and conquer your fears.

Tuesday-Wednesday, Dec. 17 & 18, 1 p.m.
Fee: \$33, plus \$3 supply charge

Services

Reflexology

Preregistration required.

Monday, Dec. 9, 9:15 a.m. Fee: 50¢ minute

Hearing Professionals

Screening, minor hearing aid adjustments, and batteries. Preregistration required.

Thursday, Dec. 19, 10 a.m.-Noon Fee: FREE

Fitness

Fitness Orientation

This class is required for anyone wanting to use the center's fitness equipment.

Tuesday, Dec. 3, 3:30 p.m. Fee: \$2
Wednesday, Dec. 11, 1 p.m. Fee: \$2

Twelve Days of Fitness Challenge

Our physical needs do not change as we get older. Balance, flexibility, strength, and cardiovascular exercises are all vital in keeping yourself in the best shape possible. Get through the holidays with this easy fitness challenge, and win prizes for completing! The challenge runs for the month of December.

Challenge Sheets available Dec. 1-13
Fee: FREE

Holiday Showcase Christmas Party

A holiday extravaganza performed by the Baltimore Senior Showcase. Enjoy a delicious meal, holiday spirit, and afternoon bingo.

Sponsored in part by the Charles County Arts Alliance, and the RRCSC Council.

Thursday, Dec. 12

10:30 a.m.-2 p.m.

Reserved Seating – Book by Dec. 5

Fee: \$3 plus generous lunch donation

\$8 for age 60 and younger



CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Step Aerobics 9:00-9:45 Billiards Drop In 9:00-4:00 AF Tai Chi 10:00-10:45 Spanish 10:00-11:30 Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2N1 Club 10:15-11:00 Pilates Plus 10:45-12:15 Digital Camera Club 1:00 Pinochle 1:00-3:00 Circuit Training 2:30-3:30	Flex & Stretch 8:30-9:30 Billiards Drop In 9:00-4:00 Yoga 9:30 Fine Arts 10:00-Noon AFEP 10:30-11:00 Bridge 10:00-3:15 Zumba Gold Noon Easy Craft 1:00-1:45 Line Dancing 1:00-2:00 So. MD. Woodcarvers . . 1:00-3:00 So. MD. Pitch 1:00-4:00 Primetimers 3:00 Weekly Workout 5:30-6:45	Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Crochet Club 9:00-Noon Quilting Etc 9:30-Noon Jewelry Club 10:00 Breathe Easy 10:30 Bridge 11:00-3:15 Pinochle 12:30-3:00 Powder Puff Billiards . . 1:00-4:00	Flex & Stretch 8:30-9:30 Billiards Drop In 9:00-4:00 Tai Chi 9:30-10:30 Stained Glass 10:00-2:00 AFEP 10:30-11:00 Zumba Gold 11:30 Canasta 12:30-3:00 Reflections 1:00-1:30 Beg Line Dancing 1:00-2:00	Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Oil Painting 10:00-2:00 Gentle Yoga 10:30 Pinochle 12:30-3:00
2 Twelve Days of Fitness Begins Greenbacks 10:00 Holiday Oreo Ball Treats 1:00	3 Christmas at Our House 11:00 Fitness Orientation 3:30	4 Jewelry Club Class 10:00 Christmas Blessings . . . 10:30 Pearl Harbor: Where Were You? 12:30	5 Annual Senior Holiday Party at the Waldorf Jaycees Senior Center Closed	6 Hand & Foot 10:00 Video: Miracle on 34th Street 10:00
9 Reflexology 9:15 Sisters at Heart 11:30	10 RRCSC Council Mtg 9:30 World Religions 11:00	11 Visit the Nurse 10:00 Genealogy 10:00 Jewelry Club Drop-In 10:00 Fitness Orientation 1:00	12 Portrait of Christmas Holiday Party 10:30 Book Club 1:00	13 Video: I'll be Home for Christmas 10:00 Creative Writing 1:00
16 Blood Pressure Screening . . 9:30	17 A Tapestry of Music . . . 11:00 Beginner Computer Class 1:00	18 Jewelry Club Class 10:00 Visit the Nurse 10:00 Holiday Spelling Bee 11:00 Beginner Computer Class 1:00	19 Hearing Professionals . 10:00 Holiday Pumpkin Soup. 11:30	20 Video: Mary Poppins 10:00
23 Ceramics 10:00	24 Twelve O'Clock Pizza Noon	25 Christmas Holiday Senior Center Closed	26 All Day Movies 9:00 Subway for Lunch Day Noon	27 Let the Good Times Roll New Year's Party 10:00 Hand & Foot 10:00
30 Camera Club 1:00	31 Baked Potato Day Noon		<div>DECEMBER</div>	

INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

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Refresh for the Holidays with Mary Kay and Fran's Nu Image

Join Tracy from Mary Kay for a makeover, or simply learn new and fresh makeup techniques. If you need a customized bra fitting, Fran's Nu Image will be here to work with you and provide one-on-one consultation. Other courtesy services will be provided by staff.

Wednesday, Dec. 4, 9:30 a.m.-2 p.m.

Fee: Tips and Individual Purchases



Special Events & Daily Activities

Council Quarter Auction

Back by popular demand, a quarter auction for all of your gift-giving needs. This council fundraiser will include new to lightly used items. Bids will be taken in increments of \$.25 for each item. Don't miss this fun event.

Wednesday, Dec. 11, 10-11:30 a.m. Fee: Bid

Book Club:

A Week in Winter, by Maeve Binchy

Stoneybridge is a small town on the west coast of Ireland where all the families know each other. When Chicky Starr decides to take an old, decaying mansion set high on the cliffs overlooking the windswept Atlantic Ocean and turn it into a restful place for a holiday by the sea, everyone thinks she is crazy. Helped by Rigger (a bad boy turned good) and Orla, her niece (a whiz at business), Stone House is finally ready to welcome its first guests to the warm kitchen, log fires, and elegant bedrooms. Laugh and cry with this group as they share their secrets and – maybe – see some of their dreams come true.

Wednesday, Dec. 18, 11 a.m.-Noon Fee: FREE

Southern Maryland Line Dancers

Perform for You

Don't miss an opportunity to see this fantastic group.

Thursday, Dec. 19, 1-2 p.m. Fee: FREE

Holiday Sing-A-Long

Who can resist singing? Sing out and let your voices be heard as we sing along to many of the classics.

Monday, Dec. 23, 11 a.m.-Noon Fee: FREE

For Your Health

Ten of the Best Cereals You Can Eat

You have heard it said that breakfast is the most important meal of the day. With all of the food-labeling loopholes, selecting a healthy cereal can be tricky. We will preview for you the 10 Best and the 10 Worst cereals.

Tuesday, Dec. 3, 11:15 a.m.-Noon Fee: FREE

Visit the Nurse

Blood pressure screening and a private visit with Linda Barnes, RN, Dept. of Health.

Tuesday, Dec. 10, 9:30 a.m.-Noon Fee: FREE

Wednesday, Dec. 18, 9:30 a.m.-Noon Fee: FREE

Medication Management with CCNRC

CCNRC Family of Care Presents: What you need to know about Medication Management.

Thursday, Dec. 19, 11:15 a.m.-Noon Fee: FREE

Colon Health

Maintaining colon health is part of your effort to keep your digestive system working. The colon, also called the large intestine, is responsible for making and storing stools. It is a tube that is hollow and is five feet long found at the end of the digestive tract. There are a number of conditions that hamper the colon's performance as the last part of the body's digestive system.

Tuesday, Dec. 24, 11:15 a.m.-Noon Fee: FREE

Food Safety with Sharon

Food-related diseases affect tens of millions of people and kill thousands. There are many things that we should be aware of to avoid food-related illnesses.

Thursday, Dec. 26, 11:15 a.m.-Noon Fee: FREE

Classes

Computer Lab with Jonathan

Learn MS Word, access the internet or Facebook.

Monday, Dec. 9, 23 1-2 p.m.

Fee: \$5 refundable deposit upon registration

Fitness Training

Get a vigorous workout with a certified fitness instructor.

Each Monday and Wednesday, 9:15-10:15 a.m.

Fee: Fitness card

Chair Pilates

Improve balance & posture by working spinal flexion, extension and side bending through different stretching positions, increase strength & improve metabolic function.

Each Tuesday and Thursday, 9:15-10:15 a.m.

Fee: Fitness card

Tai Chi: For Health

Improve balance and mobility with Cynthia.

Each Wednesday, 1-2 p.m. Fee: Fitness Card

Line Dancing with Geneve

Learn some of the newest line dances.

Each Thursday, 1 p.m. Fee: FREE

AFEP

Low-impact seated exercise.

Each Tuesday and Thursday, 10:30 a.m. Fee: FREE

GIFT MAKING FOR THE HOLIDAYS

Bath Salts Holiday

Make a lovely present for someone special.

Monday, Dec. 9, 10:30 a.m.-Noon

Fee: \$2

Tis the Season for Seasoning

Choose from Italian, Mexican, or All Season blends of herbs.

Friday, Dec. 13, 10 a.m.-Noon

Fee: \$2

INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Hours: 9 a.m.–3 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

A Country Christmas Party with Trudy Marie

The holiday season is here and we are celebrating country style with Trudy Marie and her husband. A special meal will be provided. Join us for a home-spun celebration.

Thursday, Dec. 12, 10:30 a.m.-1 p.m.

Fee: \$8 (includes lunch); \$10 age 60 and younger

Registration Deadline: Dec. 5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Bingo 1:00	Billiards/Cards 9:00 Chair Pilates 9:15 AFEP 10:30	Billiards/Cards 9:00 Fitness Training 9:15 Quilt N' Chicks 10:00 Tai Chi For Health 1:00 Chess 1:00-3:00	Billiards/Cards 9:00 Chair Pilates 9:15 Oil Painting 10:00 AFEP 10:30 Line Dancing 1:00	Billiards/Cards 9:00 Ceramics 10:00 Canasta & Bid Whist 10:00
2 Paper Tree Craft 10:00 Holiday Memories 1:00-2:00	3 Ten Best Cereals You Can Eat 11:15-Noon Reflect with Pastor Chris and Betty 1:00-1:30	4 Refresh for the Holidays with Mary Kay and Fran's Nu Image. . . . 9:30-2:00 No Quilt N' Chicks Today	5 Annual Senior Holiday Party at the Waldorf Jaycees Senior Center Closed	6 Coffee with Sharon . . . 9:30-10:30 Pictionary 1:00
9 Bath Salts Holiday 10:30-Noon Computer Lab with Jonathan 1:00-2:00	10 Visit the Nurse 9:30-Noon Frosty Desserts with Charles 11:15 March of the Pine-Guins Holiday Craft 12:30-2:00 Today is Senior Services Bingo!	11 Council Quarter Auction 10:00-11:30 String Popcorn 12:30	12 Information & Assistance with Ruth 10:00-11:00 A County Christmas Party with Trudy Marie 10:30-1:00 No Pilates or AFEP	13 Tis the Season for Seasoning 10:00-Noon March of the Pine-Guins Holiday Craft 12:30-2:00
16 Package Ornament Wreath Craft 10:00 Holiday Music Special DVD . . 1:00	17 Humane Society Bingo 11:15-Noon Package Ornament Wreath Craft 1:00-2:00	18 Visit the Nurse 9:30-Noon Book Club: A Week in Winter by Maeve Binchy . . . 11:00-Noon No Quilt N' Chicks Today	19 Medication Management with CCNRC. 11:15-Noon Southern MD Line Dancers Perform for You 1:00-2:00	20 Manicure Friday 10:30-Noon Bejeweled Computer Game 1:00-2:00
23 Holiday Sing-A-Long 11:00-Noon Computer Lab with Jonathan 1:00-2:00	24 Colon Health 11:15-Noon Music Spotlight: Dolly Parton 1:00-2:00	25 Christmas Holiday Senior Center Closed	26 Food Safety with Sharon 11:15-Noon Pictionary 1:00	27 IHSC Theatre 11:30-2:00
30 2014 Resolutions . . . 10:00-11:00 Fitness Equipment Overview with Jonathan 12:30-2:00	31 Ring in the New Year with Chili and Cornbread and Don't Forget Your Black-Eyed Peas for Luck in the New Year 11:30-1:00		DECEMBER	

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

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Special Events & Daily Activities

Afternoon Book Club:

The Unlikely Pilgrimage of Harold Fry

Harold is convinced that he must deliver a letter to an old love. Author Rachel Joyce. Facilitator: Julie Brasher.

Wednesday, Dec. 4, 1 p.m. Fee: FREE

Sparkly Birdhouses Centerpiece

Turn a few plain wooden birdhouses into a sparkly snow village. Please call the Center and let them know you are interested in the craft by Tuesday, Dec. 3.

Wednesday, Dec. 4, 10:30 a.m. Fee: FREE

Cash Bingo Fundraiser

Senior Services of Charles County, Inc.

See page 3 for a full description. Payouts are \$25 and \$50, and a \$150 jackpot with proceeds directly benefitting the four senior centers. Lunch for \$5 is available on site.

Tuesday, Dec. 10, 10 a.m.-1:30 p.m.

Fee: \$20 admission for regular games and specials. Additional packs \$5 each; Early Birds and Coverall \$2 each

Christmas Party for the Student Volunteers

Each year we say thank you to the Students who volunteer in the kitchen along with their job coaches. We will have a painting craft, Chick-Fil-A lunch for them, Christmas presents and Santa, too. It is something that the staff looks forward to because they have so much fun and deserve a day off. Volunteers are needed to help with this activity for several hours, see Center staff.

Wednesday, Dec. 11, 10:30 a.m.

Fee: This is our gift to the students and teachers

John Hanson Middle School Band

They're back and bringing Christmas cheer. Led by the talented Meg Cancino, these students "wow" us every time they visit the center. Come out and show your support for local schools.

Wednesday, Dec. 18, 10:30 a.m. Fee: FREE

Popeye's Chicken Box Lunch

We are only ordering 15 lunches. Prepayment is required to reserve your lunch.

Tuesday, Dec. 31, Noon Fee: \$4
Registration Deadline: Dec. 19

For Your Health

CSM Wellness Clinic

The nursing students from The College of Southern Maryland will take your blood pressure, check oxygen saturation levels, and check your vision, body mass index, body fat content, height and weight. They will also assess your status for longevity and nutrition, and provide informative presentations on health related topics. Please attend these sessions showing your support for future nurses. Led by Linda Goodman, RN.

Tuesday, Dec. 3, 10 a.m.-12:30 p.m. Fee: FREE

Visit the Nurse

Blood pressure screening and a private visit with Linda Vanhoy, RN, Charles County Department of Health.

Tuesday, Dec. 3, 10 a.m.-Noon
Wednesday, Dec. 18, 9:30-11:30 a.m.
Fee: FREE



Overview of the Center for Interventional Medicine

Dr. Meghal Antani, Medical Director of the Center for Interventional Medicine will provide an overview of services offered at the Center for Interventional Medicine. The facility is well known for their use of minimally invasive procedures to treat back pain, uterine fibroids, peripheral artery disease, varicose veins, biopsies, and dialysis access maintenance.

Tuesday Dec. 17, 11:15 a.m. Fee: FREE

NEW! BALLROOM DANCING

This is so exciting! Finally, we are offering ballroom dancing. Sign up as a single or a couple to learn the Waltz, Fox Trot, and basic ballroom etiquette. You will love it! Prepayment is required to reserve a space. Limit: 20 people. Instructor: Mary Collins. No class Dec. 24.

Tuesday, Dec. 3-Jan. 28, 10:15-11:15 a.m.
Fee: \$24

Senior Information & Assistance Outreach

Meet privately with Ruth Anderson-Cole, Senior I&A Program Specialist who will guide you through Medicare, health insurance, prescriptions, energy assistance, fraud prevention, and other services as needed.

Thursday, Dec. 19, 10-11 a.m. Fee: FREE

Classes

Guitar Club

Casual gathering of beginning guitar players.

Tuesday, Dec. 10, 10 a.m. Fee: FREE

Personalized Computer Class

Preregister for a one-hour session with Roseanne Windley.

Each Wednesday, 9 a.m.-1 p.m.
Fee: \$63/6 week class

Watercolors

Material list provided. Instructor: Pat Arnold.

Each Thursday, 10 a.m. Fee: \$30/6 week class

Water Based Oils

Material list provided. Instructor: Pat Arnold.

Tuesday, Dec. 3 & 17, 11:30 a.m. Fee: \$5/class

Fitness & Dance

Strength Training

Personal Trainer: LaMont Maith

Each Monday, 9:15 a.m. Fee: Fitness Card

Pilates with Debi

Each Monday, 2 p.m. Fee: Fitness Card



WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Hours: 9 a.m.–3 p.m., Monday–Thursday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

We Believe in Christmas

The party begins with a yummy bake sale, where many of the items are packaged for gift-giving.

Chyp and Andrea are back to celebrate our holiday tradition, so bring your dancing shoes!

They are so talented and a lot of fun. Don't forget your dollars for the silent auction.

This is our fourth year offering this, and so far it has been a success ... anyone can be a winner! Enjoy door prizes, party favors, and a nice holiday lunch.

Sponsored by the Waldorf Senior Center Council.

Thursday, Dec. 12, 10:30 a.m.

Fee: \$6 (\$3 without lunch)

Registration Deadline: Dec. 9



Waldorf Walks

Led by club members.

Each Tuesday–Thursday
9:30 a.m. Fee: FREE

Total Body Conditioning with Clairisa

Each Tuesday &
Thursday, 9 a.m.
Fee: Fitness Card

Yoga with Cindy

Each Tuesday, 2 p.m.
Fee: Fitness Card

Flex & Stretch with Cindy

Each Wednesday, 9 a.m.
Fee: Fitness Card

Restorative Yoga with Cindy

Each Wednesday, 2 p.m.
Fee: Fitness Card

Arthritis Foundation Exercise Program

Low-impact seated exercise. Staff instructors.

Each Wednesday &
Thursday, 10 a.m.
Fee: FREE

Special Note

Line Dancing with Clairisa is postponed until February 2014.

Why not sign up for the new ballroom dancing class instead!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strength Training 9:15 Double Deck Pinochle Noon Pilates 2:00	Total Body Conditioning 9:00 Waldorf Walks 9:30 Dominos/Rummikub 10:30 Inspirations 12:30 Yoga 2:00	Flex & Stretch 9:00 Computer Class 9:00–1:00 Waldorf Walks 9:30 AFEP 10:00 Bingo 10:30 Dominos/Rummikub 10:30 Restorative Yoga 2:00	Total Body Conditioning 9:00 Waldorf Walks 9:30 Watercolors 10:00 AFEP 10:00 Bingo 10:30 Dominos/Rummikub 10:30 Double Deck Pinochle Noon
2 St. Charles Senior Club 10:00	3 CSM Wellness Clinic. 10–12:30 Visit the Nurse 10:00 New: Ballroom Dancing 10:15 Water Based Oils 11:30	4 Sparkly Birdhouses Centerpiece 10:30 Afternoon Book Club: The Unlikely Pilgrimage of Harold Fry 1:00	5 Annual Senior Holiday Party at the Waldorf Jaycees Senior Center Closed
9 St. Charles Senior Club 10:00	10 Guitar Club 10:00 Ballroom Dancing 10:15 CASH BINGO: Senior Services Fundraiser 10:00	11 Gingerbread Cake Treat 9:30 Christmas party for Student Volunteers ... 10:30	12 We Believe in Christmas 10:30 Bake Sale all day. Silent Auction closes at 1 p.m.
16 St. Charles Senior Club 10:00 Senior Council Luncheon .. Noon	17 Ballroom Dancing 10:15 Overview of the Center for Interventional Medicine 11:15 Water Based Oils 11:30	18 Visit the Nurse 9:30–11:30 John Hanson Middle School Band Concert 10:30 Bingo begins around 11 a.m. Please arrive before 10:30	19 Senior Information & Assistance Outreach 10:00–11:00
23 Senior Activities Cancelled. Senior Center Office is OPEN.	24 Senior Activities Cancelled. Senior Center Office is OPEN.	25 Christmas Holiday Senior Center Closed	26 Senior Center Closed
30 NO St. Charles Senior Club	31 Ballroom Dancing 10:15 Popeye's Chicken Box Lunch Noon	DECEMBER	

United Seniors of Maryland State Forum

Tuesday, Jan. 21, 2014

The location of the 2014 Forum will once again be Saint John's College, Francis Scott Key Auditorium. The United Seniors of Maryland is a coalition of hundreds of individuals and over 80 organizations that advocate preserving and enhancing the mental, physical, and financial wellbeing of Maryland Seniors. It is anticipated that over 500 Marylanders will attend the Forum to hear from elected officials and meet with local delegations to lobby for issues USM believes important to the senior population.

Additional information, including transportation arrangements, will be provided in the January edition of The SCOOP.

Winter Storm Emergency Preparedness

Home safety tips for seniors involve preparing for the cold and potential winter and ice storms

Exposure to cold overtime can cause frostbite, hypothermia and, eventually, death. The elderly are particularly susceptible to these dangers. Cold weather puts an added strain on the heart. Shoveling or other strenuous activities can prove deadly, particularly for people who do no exercise regularly.

Here is a free home safety checklist full of safety tips for seniors. Prevent hypothermia and prepare for heavy snow that can immobilize a region, because of downed power lines and blocked roads.

Listen to NOAA Weather Radio, local radio, and TV stations, or cable TV such as The Weather Channel for weather updates. Be alert to changing weather conditions. Avoid unnecessary travel when a Winter Storm Warning has been issued. Stay indoors during the storm. If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs. Understand the hazards of wind chill, Walk carefully on snowy, icy, sidewalks. After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks. Avoid overexertion.

Improving Memory Tip 4: Eat a Brain-Boosting Diet

Just as the body needs fuel, so does the brain. You probably already know that a diet based on fruits, vegetables, whole grains, and "healthy" fats will provide lots of health benefits, but such a diet can also improve memory. But for brain health, it's not just what you eat—it's also what you don't eat. The following nutritional tips will help boost your brainpower and reduce your risk of dementia:

Get your omega-3s. Fish is a particularly rich source of omega-3, especially cold water "fatty fish" such as salmon, tuna, halibut, trout, mackerel, sardines, and herring, flaxseed oil, pumpkin seeds, and soybeans.

Limit calories and saturated fat. Research shows that diets high in saturated fat (from sources such as red meat, whole milk, butter, cheese, sour cream, and ice cream) increase your risk of dementia and impair concentration and memory.

Eat more fruit and vegetables. Produce is packed with antioxidants, substances that protect your brain cells from damage.

Drink green tea. Among many other benefits, regular consumption of green tea may enhance memory and mental alertness and slow brain aging.

Drink wine (or grape juice) in moderation. Keeping your alcohol consumption in check is key, since alcohol kills brain cells. But in moderation (around 1 glass a day for women; 2 for men), alcohol may actually improve memory and cognition.

For mental energy, choose complex carbohydrates. Carbohydrates fuel your brain, but simple carbs (sugar, white bread, refined grains) give a quick boost followed by an equally rapid crash. For energy that lasts, choose complex carbohydrates such as whole-wheat bread, brown rice, oatmeal, high-fiber cereal, lentils, and whole beans.

Christmas Sausage Casserole

As the holidays approach you may find yourself overwhelmed with "To Do Lists" and last minute details. Here is a delicious casserole to prepare ahead of time and pop in the oven for unexpected guests.

Ingredients

- 6 slices bread, cubed
- 1 pound sausage, browned, drained
- 1 1/2 cups shredded Cheddar cheese
- 8 each eggs, beaten
- 2 cups milk
- 1 teaspoon, salt
- Pepper to taste

Preparation

Cube bread and place evenly in greased 9x13 pan or baking dish. Sprinkle evenly with sausage and cheese.

Mix eggs, milk, salt and pepper. Pour over ingredients in pan. May cover and chill overnight (if left overnight, remove from refrigerator 15 minutes before baking).

Bake 45 minutes at 325 degrees or until set. Cut into squares to serve.

Serves 8 to 10. Recipe from www.ask.com

SENIOR CENTER MENU

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

1% milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fruit Blend Juice Pork Chop Sauerkraut Au Gratin Potatoes Cornbread Pineapple Chunks	3 Orange Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	4 Cranberry Juice Stuffed Cabbage Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	5 Apple Juice Quiche Hash Browns Turkey Sausage Muffin Orange Slices	6 Pineapple Juice Beef Stew with Stew Vegetables Spinach Salad Biscuit Fruited Jell-O
9 Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	10 Grape Juice Spaghetti with Meatballs Seasoned Corn Breadstick Banana	11 Soup of the Day Cranberry Juice Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	12 Orange Juice Beef Burgundy Mashed Potatoes California Blend Vegetables Whole Wheat Bread (2) Ambrosia Salad Cherry Pie	13 Fruit Blend Juice Swedish Meatballs Fluffy Rice Collard Greens Biscuit Fresh Apple
16 Pineapple Juice Stuffed Peppers Succotash Whole Wheat Bread (2) Peaches	17 Soup of the Day Cranberry Juice Asian Chicken Fluffy Rice Chinese Coleslaw Dinner Roll Mandarin Oranges	18 Fruit Blend Juice Meatloaf with Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	19 Birthday Celebration Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce Birthday Cake	20 Apple Juice Fish Sandwich Carrots Sweet Peas Citrus Salad
23 No Meal Service	24 No Meal Service	25 No Meal Service	26 No Meal Service	27 No Meal Service
30 No Meal Service	31 No Meal Service	DECEMBER		
Charles County Luncheon Program Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.60 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.60. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party and special event meal prices may vary. Clark Senior Center. Tuesday–Friday Indian Head Senior Center. Monday–Friday				Available at Noon • Days Vary By Center Nanjemoy Senior Center. Monday–Thursday Waldorf Senior Center. Monday–Thursday On days where potatoes, corn, beans, and/or peas are used for the meal's starch component, an additional starch such as bread, crackers, or muffins is available for those participating in the CACFP program.

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423 or 301-870-2015.

CHARLES COUNTY COMMISSIONERS



Equal Opportunity County

Learn more at...

www.CharlesCountyMD.gov

Department of Community Services

8190 Port Tobacco Road • Port Tobacco, MD

301-934-9305 • 301-870-3388

MD Relay: 711 • Relay TDD: 1-800-735-2258

Mission Statement – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

Vision Statement – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

Americans With Disabilities – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Trips Offered by Community Services

For information please call 301-934-9305 or 301-870-3388, ext. 5159.

Online registration is available at www.CharlesCountyParks.com

Moses

Sight & Sound Theatre

Strasburg, PA

The parting of the Red Sea ...
the Burning Bush ...
the Plagues ...
the Ten Commandments!
Finally, the greatest Biblical epic of the Old Testament comes to life on the Sight and Sound stage. Journey back through time and relive the golden splendor and pride of ancient Egypt.

Buffet lunch is included in the fee. Dinner on your own at Cracker Barrel.

Trip Date: Wednesday, March 26 103118-TR Trip Fee: \$130

Registration Deadline: Feb. 2

Departure: Clark Senior Center 8:10 a.m., Waldorf Jaycees 8:30 a.m.

Estimated Return: 9:30 p.m.



Trips Offered by Senior Services

For reservations or more information please call 301-645-2800

Black Hills of South Dakota

Featuring Mt. Rushmore & Crazy Horse Monuments

11 Days/10 Nights

You will travel by motorcoach to Chicago, Illinois and see the highlights of the Windy City. Then on to Wisconsin Dells cruise, Corn Palace and Wall Drug, Badlands National Park, enjoy a two day guided tour in the Black Hills, Crazy Horse Mountain Carving, Mt. Rushmore Lighting Ceremony, Custer State Park, Mt. Moriah Tour, Riverfront Casino, and more. Your trip includes 10 nights lodging, 10 breakfasts, 8 dinners, and a host of guided tours. You'll view an abundance of native wildlife and explore the heritage and cultures of the Black Hills of South Dakota.

Trip Date: June 22-July 2, 2014

Fee: \$1,225/pp dbl

Deposit: \$400/pp due with reservation. Balance due May 16, 2014

Romantic Danube

With Viking River Cruises on the Viking Rinda

10 Days/9 Nights

During this 10 day journey encounter the grand cities and quaint villages along the celebrated Danube River. Fly to Budapest two days before your cruise. Depart to explore both sides of Hungary's capital- traditional "Buda" and more cosmopolitan "Pest" and from Fishermen's Bastion, see how the river divides this fascinating city. Savor the tastes of authentic dishes, learns about local legends and the romantic Danube.

Trip Date: December 3-12, 2014

Fee: trip ranges from \$3,758 to \$4,708/pp. Passport Required.

Deposit: Initial deposit \$625/pp dbl or \$1,250/pp single is required to secure reservations and assign cabins. Final balance is due Sept. 30, 2014